

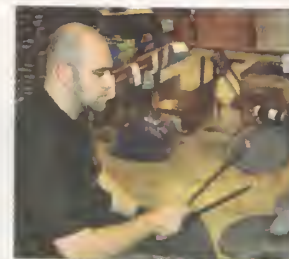


Condors warm up

Badminton team gets ready for new season.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Drumming up sales

KW's Finest brings businesses together.
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MONDAY, OCTOBER 4, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

42ND YEAR — NO 18

Food safety of utmost importance

By EMILY GERRETT

October is the month of falling leaves, jack-o'-lanterns, and at Conestoga's Doon campus, food safety.

The Institute of Food Processing Technology (IFPT) is launching its first course on Oct. 18, which will teach food safety practices to those wanting to develop skills for the food processing industry. The 90-hour course, which is the initial course in the process operator — food manufacturing apprenticeship program, will have up to 25 students, with registered apprentices receiving admission priority.

“

The end goal is to help the apprentice really remain competitive ...
— Luis Garcia

”

This does not mean the course is only open to apprentices, as regular students can apply through the Conestoga College website. However, there is an incentive for employers to register their apprentices in the course — a \$10,000 incentive, that is.

For each apprentice they register, an employer can get up to \$10,000 in tax credit per year. The IFPT is hoping this will encourage employers to get their apprentices into the course, creating more skilled and knowledgeable workers in the processing industry.

The food safety course counts as level one training for the process operator-food manufacturing program that will be starting in the new Cambridge campus, opening next year.

According to the chair of

IFPT, Luis Garcia, this program is intended to fully prepare students to start a career in the processing industry.

“The end goal is to help the apprentice really remain competitive, and be able to have these hiring skills and be highly trained,” Garcia said. “The IFPT is an industry-driven initiative, so it's very important for future students to understand that the industry is behind this, and that there are lots of job opportunities for them.”

As for how important food safety skills are in this industry, Garcia said they're at the top.

“There have been more illnesses and outbreaks these past years, and it has been documented that workers or employees have contributed to or are the source of many of these illnesses,” Garcia said. “Sanitation of equipment is critical. That's something that's really important, and probably the best example is the Maple Leaf outbreak last year. That was caused by poorly cleaned/sanitized pieces of equipment.”

According to the Canadian Food Inspection Agency, “any issue with the safety of a particular food product can have a major impact on the reputation and success of an industry's business.”

Therefore, having workers better trained in food safety in the industry could help avoid another such incident as the Maple Leaf recall.

Food-borne illness, food plant security and avoidance of food contamination are some of the safety practices that will be covered in the food safety course.

Garcia said, “Everybody working in the food processing industry should have at least a basic knowledge of food safety, and they should understand what that goal is in keeping food safe.”

BOOK LOVERS UNITE, CELEBRATING LITERACY IN KITCHENER



PHOTO BY LISA OLSEN

Brenda Byers entertains children at the Word on the Street Festival at Victoria Park in Kitchener on Sept. 26. The book and magazine festival celebrates literacy in various locations across Canada.

Oh yes, it is crowded

By NATHAN RIENSTRA

Students at Conestoga College had better brace themselves for what will be a busy, crowded year on campus.

According to Alan Vaughan, executive director of registrar services and international education, there are 9,030 full-time students in post-secondary programs this year, which is a 3.79 per cent increase over the number of students enrolled in the fall of 2009.

While some students have noticed an increased population in Conestoga's hallways, others have observed the increase elsewhere.

“In the school I don't notice it as much, because it seems to be more dispersed, but you definitely notice it in the parking lots and coming off the 401,” said Glen Crowe, a student in the police foundations program. “There's a lot more congestion of cars.”

Due to a wait list for parking permits last year, more parking space was added this year. But, with the increase in the student population, parking woes continue. And it's yet to be seen how an increase will be dealt with in future years if this pattern continues.

Vaughan said Conestoga has been one of the fastest growing colleges in Ontario, and its number of students has increased steadily for at least the past five years. This is largely because of Conestoga's good reputation.

“Consistently high ratings on the province's key performance indicators support Conestoga's reputation as a high quality institution with the choice of programs that lead to rewarding careers,” he said.

Examples of such programs include health and community studies, which Vaughan said



PHOTO BY NATHAN RIENSTRA

Cars fill a parking lot during a regular school day at Conestoga College's Doon campus on Sept. 24. More parking space was added to address the ever-increasing number of vehicles.

have been the areas in which the biggest increases have occurred.

Though the fall of 2009 brought an unprecedented 20 per cent increase in enrolment during year one, this year's enrolment plan calls for more moderate growth since many programs are now at capacity.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

Who is your favourite musical artist and why?



"I like Trevor Hall because his music is easy to listen to."

Kayla Blair,
law and security
administration

"I don't have a particular favourite artist. I listen to what I think is good."

Frederick Maranan,
pre-health sciences



"Breaking Benjamin, because the lyrics are powerful and relatable."

Cassie Tulecki,
general arts and sciences



"NAS, because I thought it was interesting when he was writing his earlier stuff through the eyes of a kid in a poor neighbourhood."

Taylor Kuntz,
law and security
administration



"The Beatles, because I have been listening to them my entire life and they always mean something."

Justin To,
electrical engineering



"Jah Cure has really conscious lyrics."

Michael Smith,
international business



Smile Conestoga, you could be our next respondent!

Tuition in Ontario on the rise

BY RYAN YOUNG

For the second consecutive year Ontario is expected to be the most expensive province in the country to attend college or university.

Tuition rose in most provinces, but Ontario's 5.4 per cent jump from 2009 was the highest in the nation according to Statistics Canada. Undergraduate students pay an average of more than \$6,200 a year while graduate students fees have risen to more than \$9,000 a year.

Rising tuition fees have caused student debt to hit a record high. Students now owe \$15 billion to the federal government and over \$2 billion to Ontario.

"Canada is on the verge of

bankrupting a generation," said David Molenhuis, the national chairman of the Canadian Federation of Students, in a press release. The federation is the largest student organization in Canada uniting over 500,000 students throughout the country. It provides students with a united voice at the federal and provincial level.

"If Canada wants its citizens to be better educated, they should help make that happen," said Leanna Boyd, 20, a second-year advertising student at Conestoga. "I don't think it's fair that as soon as you want to leave high school and get a real education, the education that will allow you to live, you have to pay for it."

Allie Vandervalk, 18, chose to enter Conestoga's human

services foundations program because tuition for the same program in Toronto was too high.

"They make it so education is what you need for a career," said Vandervalk. "But who can afford it half the time, especially working a part-time job?"

If rising tuition fees weren't enough for Ontario students, Statscan also found that additional compulsory fees for activities such as athletics, student health services and student associations has also jumped 7 per cent over the last year.

Future students may want to consider making the drive to Quebec for their studies; the province boasts the lowest tuition average at \$2,415 a year for undergraduates.

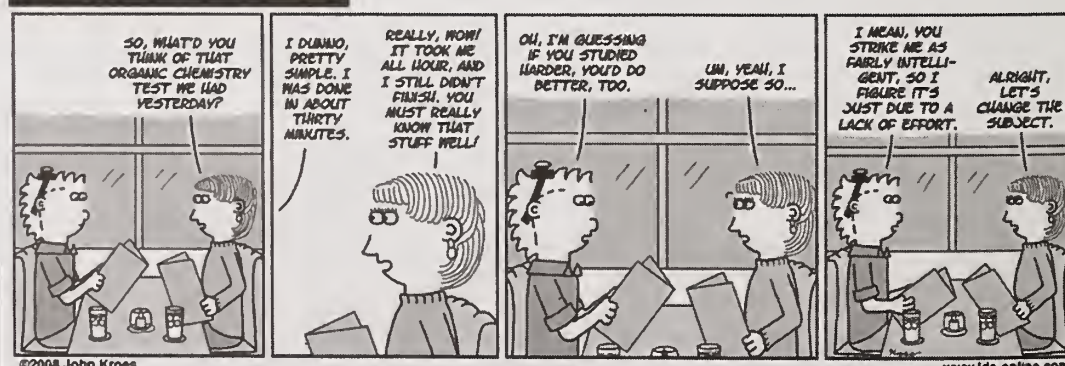
A COMPUTER IS OF NO HELP ON THIS ASSIGNMENT



PHOTO BY THOMAS PARENT

Tom Orendi, a first-year graphic design student, and Sasha Serwaczek, a first-year public relations student, discuss Orendi's assignment, an illuminated manuscript, where students must draw with meticulous accuracy any letter from the alphabet in old English longhand.

LAST-DITCH EFFORT



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Get Involved Fair attracts many

By ROBERT CONTE

Conestoga's Get Involved Fair showcased dozens of clubs and organizations last week, which gave students the opportunity to get involved in their school and community as well as the chance to partake in the many sweets offered at the tables.

Hosted by Student Life, the two-day event presented not only on-campus clubs but over 50 community organizations for students to "get involved" in.

The fair's first day showcased the wide range of on-campus clubs available for Conestoga students to join. Conestoga Dramatics is one such club, which helps students hone their improv, sketch comedy, plays, directing, stage management, stage crew and Broadway skills.

"We're really excited for this year and we've got a lot of new ideas," said club representative Lily Viggiano.

For anyone interested in joining, the club will be meeting Wednesday at 5 p.m. in the Sanctuary to discuss what's happening this year.

"We want to find out the demographics of what people are interested in doing, musicals, improv, plays," said club member Lisa Jackson.

Another organization at the fair was the Residence House Council, which presents students with the opportunity to participate in their residence community.

The council meets every two weeks to discuss issues and plan events. Even students who don't live in residence are free to participate, getting people to events, making posters or working the front desk.

People wishing to get involved can contact residence life manager Laura Robinson at rlcconestoga@stayrcc.com or by calling 519-895-2272, ext. 309.

For those who seek excitement and winter fun, the Conestoga Snow Club may be worth looking into. The school's ski and snowboarding group offers eight trips to the hills between January and March.

During the pre-snow season the club hosts hot chocolate socials so riders can get together and share their passion.

"It's a great way to get together and meet up with other riders," said "The Boss" Kristina Hutchinson.

The Afghan Student Association welcomes all students to experience some culture and aid those in need. Through various events and



PHOTO BY ROBERT CONTE

Mariam Kabir, left, and Atia Turkmani showcase the Afghan Student Association at the Get Involved Fair.

activities, the group allows students to experience a piece of Afghanistan's traditions and culture. Any monies raised go to the Bayat Foundation, a charitable organization centred on helping those in need in Afghanistan.

"The money goes to helping orphans, building schools for girls, hospitals, just helping

all those in need back home," said club representative Mariam Kabir.

On the Thursday community organizations were at the Get Involved Fair, showcasing various ways students could volunteer.

Rare Charitable Research Reserve is a 913-acre land reserve on the Speed and Grand rivers. The organiza-

tion works to preserve these natural landscapes and to educate the community on the Region's natural resources. Rare hosts a wide range of events for the community to enjoy and is looking for photographers, videographers, trail maintenance, donations and anything in between.

"We're always looking for volunteers," said Rare office administrator Brenda Pearce.

The organization will be hosting a Haunted Tree Planting on Oct. 30 on their sites.

Anyone wishing to volunteer can contact Pearce at 519-650-9336, ext. 125 or by email at blpearce@raresites.org.

For more information students can visit www.raresites.org.

Another organization at the fair was Big Brothers Big Sisters which grants students the chance to mentor a child in the tri-city area.

The organization offers volunteers flexible hours, which according to representative Brad Mullisan, is popular among students.

By sacrificing only an hour a week, students can mentor a child in elementary school from September to April.

For information on how to get started, visit www.bbb-swr.org.

First fire drill wakes the college

By CASSANDRA BOURGEOIS

When the shrill sound of the fire bell rang throughout the college, students were groaning, but Security Services was gearing up to make sure students knew what to do in case of a real fire. The September fire drill was a successful one, according to Jaqui Reid from Security Services.

"Every time we do one, we learn something we can do to improve them," she said. The only thing that created a problem for this one was the construction blocking one of the doors. That meant there were twice as many students going out the next closest door.

That's one lesson security will have a heads up on for next semester's fire drill.

The drill began with a phone call to the local fire department to let them know there was going to be a drill. After that, a Facilities Management staff person pulled the fire alarm and

Security Services took over.

Students piled out of the doors, happy it wasn't cold or rainy. After all the students had exited the building an announcement was heard over the loudspeakers.

“

"Every time we do one, we learn something we can do to improve them."

— Jaqui Reid

Security Services

”

"Please move to the other side of the road," it said. At the front of the school, where the road runs alongside the college, students moved to the other side.

Students standing out back, by the pond, wondered what road they were supposed to stand on the other side of. Those students just stood at a safe distance from the doors.



PHOTO BY LAURA BENNETT

Students stand outside the C-wing behind Conestoga College on Sept. 21 after a fire drill that was organized by the Facilities Management department at the college was set off around 10 a.m.

Security can see where all the students are standing thanks to cameras, and they make sure everyone is as far back

as they should be.

Each building had its own fire drill. The drill for the main building took about 20

minutes from beginning to end, and the alarms in the outbuildings got pulled about 15 minutes apart.

Many students have to work

By LAURA BENNETT

Ontario post-secondary students are continuing to see a rise in tuition. Also taking a bite out of the wallet is a place to live, a parking pass, a bus pass, groceries and, of course, books, books and more books.

Many students have little, if any, support from their parents, and so they turn to their friend, OSAP, or a part-time job. Several of the local pubs, grocery stores and retail stores employ Conestoga students. Although working while attending school full-time is good for practising time management and responsibility, it can also be harmful to students' health and academic studies. A Sept. 20 Toronto Star article stated that a national survey found almost 50 per cent of students work during the school year, and that they work an average of 17 hours a week.

It all comes down to a balance between school, work and if there's time left, a social life. School is somewhat flexible, with homework being completed at any hour of the day, as long as it is finished before the due date. Some students will get up at 6 a.m. to study before a test, or stay in the school until 11 p.m. to finish their project that is due the next day. Several students even spend the night at the college to complete work before deadlines.

Students need to learn how to prioritize because it is a tough lifestyle to balance. School must come first. If school wouldn't be possible without a job, then a balance must be found. However, if your hard-earned money is deposited straight into a Thursday night drinking fund, then there's something wrong. Although socializing is a big part of college, students are coming into class weary eyed and exhausted. According to the Toronto Star article, a professor at Carleton University in Ottawa says he has had students coming to class unprepared while others are crying in his office because they cannot keep up with their workload.

Lynn Robbins White, a counsellor at Conestoga College, says she constantly sees students who suffer from anxiety because they work and are a full-time student.

Students at Conestoga College will always need to work because of financial constraints. However, a good idea is to look for jobs that are more flexible, such as on campus which will be more conducive to working around students' timetables, as well as limiting travel time.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299

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N2G 4M4



Most students work because of financial need, not by choice.

What's in that vial?

It's that time of year again, where the hallways are full of red, flaky noses, echoing coughs and the lingering scent of hand sanitizer.

It is also that time of the year when the flu shot is promoted on television and by health-care professionals and even school faculty, and it's something that I won't undergo until absolutely necessary.

It's not the rumours of people getting sick right after the injection that keeps me away from the clinics; it's not my way of rebelling against public pressure and it's not a fear of that metal dagger piercing my skin. It's simply that I question everything. Most know that the shot actually contains the flu virus, that's how it works, but what about that other stuff floating around in the vial?

Grown in chicken embryos, next to the dead virus itself, it has a lengthy list of ingredients, including, but not limited to: formaldehyde (embalming fluid), aluminum (which has been linked to Alzheimer's disease and believed to be a possible cause of autism) and mercury (affecting the kidneys and the nervous, cardiovascular



Lisa Olsen
Opinion

and immune systems). This is not a list of things that I want to roam freely through my veins. It's also the panic behind these shots.

Last year, when H1N1 was going to wipe the planet clean of every homo sapien, a new, revised shot came out and found its way into the arms of Canadians. But how much testing was actually done before we lined up for hours, rolled up our sleeves and prayed for our lives? Under the product information sheet for the pandemic shot, at Health Canada's website, www.hc-sc.gc.ca, is the following statement:

"Health Canada has authorized the sale of Arepanrix™ H1N1 based on limited clinical testing in humans under the provision of an Interim Order (IO) issued on October 13, 2009."

The words "limited testing," should stand out. After our medical history, it's difficult

for me to trust any testing considered to be "limited." Take the 1960s, when thalidomide was praised for putting an end to that irritating side effect of pregnancy, morning sickness. That is, until babies were dying or born with birth defects such as deafness, blindness, disfigurement and cleft palate. Or, in 2004 when the arthritis medication, Vioxx, was taken off the market in the biggest drug recall in history, as reported by 60 Minutes. The drug was found to have doubled the risk of heart attacks and strokes in some patients. According to www.consumer-affairs.com, the Food and Drug Administration estimated 27,785 people died before the pain reliever was frantically ripped from the shelves.

Of course, there are some jobs and situations where getting the shot is absolutely necessary to keep you, and those around you, safe. However, it never hurts to educate yourself, ask a lot of questions and make the decision that is best for you. Getting lost in a swirling haze of public hysteria is never the path to keeping yourself healthy.

SPOKE

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College welcomes new dietetic technician

By KATHRYN SCHNARR

This September, the college welcomed Karen Bryant, a new dietetic technician. Bryant is a recent graduate of Conestoga College, and is currently training on campus to be a manager for Chartwells.

Currently in the management training program, Bryant is to spend 18 months at Conestoga eateries learning to be a manager. During her time here, she plans to raise awareness about a healthy lifestyle. She believes that it is vital to college life.

"Students are working and need a lot of stamina," Bryant said. "Caffeine and junk food are popular among the students, but they need to realize that healthy food does the same thing. It just doesn't work instantly and you don't get that burned out feeling."

According to Bryant, students have been displaying healthier eating habits. On-the-go goods such as yogurts, pudding and fruit bowls have recently gained popularity. She also plans to help incorporate healthier choices into

the new October menus.

"I guess I'm OK with that," said general arts and science student, Christina Barberi. "I usually bring my own lunch because I don't want to spend money in the cafeteria. I feel like you can't force healthy eating on everyone though."

Bryant offers consultations for students with special dietary needs.

For the moment, Bryant's job consists of mainly paperwork, hiring and working the cash register. She also offers consultations for students with special dietary needs. However, after 18 months of hard work, she will be placed permanently at a Chartwells location in the region.



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- ◆ Learn about Community Agencies supported by the United Way!
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These tips help prevent a cold

By JESSICA-LYNN TABAK

When the warm summer sun dims and the leaves on the trees begin to shed, our health can sometimes mimic this bitter change. It's the time of year we all dread; "cold season."

Thomas Wenhardt, an architecture and engineering student, said, "It seems like everyone in this school has a cold. I was in the library a couple of days ago and all I could hear was different people coughing."

While it lingers through Conestoga's halls, there are some things to keep in mind to scare it off. Dr. Nancy Chan, a family physician from Newmarket, offers these tips to prevent colds:

Aside from avoiding direct contact with people who have a cold, there are multiple things you can do to avoid catching it. "Eating healthy is the core of keeping the cold



PHOTO BY JESSICA-LYNN TABAK

Applying hand sanitizer reduces your chance of getting a cold. There are multiple hand sanitizer dispensers located around Conestoga's Doon campus.

away," said Chan. Consuming things such as fruits and vegetables every day provides you with the vitamins necessary to keep your immune system strong. Your vitamin

C intake, especially, is something to be conscious of. Whether it's in a supplementary tablet or just more fruit you've been eating, it's good for you.

If you already have a cold, it is important to be conscious of the food you eat, for some items may make some symptoms worse. For example, drinking beverages that are thick, such as milk or cream, can make congestion worse. The thicker the beverage is, the more mucus buildup you get. On the other hand, eating spicy foods can help drain your stuffy nose.

Be sure to get enough sleep. Getting at least seven to eight hours of sleep every night replenishes your body.

"I find that most students that come into my office that have the cold, don't get much sleep," said Chan. "Sometimes that's all you need to cure a cold. Getting plenty of rest is fuel for your

immune system to fight a virus."

Washing your hands or applying hand sanitizer not only prevents colds from spreading to others, it also prevents you from picking up a virus yourself. Constantly touching your face, mouth, nose or ears with unclean hands is an infection waiting to happen.

"A lot of patients don't know this, but constantly cleaning sensitive places like your ears or nose is damaging," Chan said. "It ruins the tiny hairs called cilia, which are vital for catching germs before they get into your body."

If you are one of the unlucky Conestoga students out there who have already caught a cold, these tips are also essential for getting rid of it. By keeping these tips in mind you will not only benefit yourself, but it will prevent the spread of the cold to others.

Conestoga helps with mayoral debate

By GERALD UPTON

Who has a chance of winning the mayor's chair from smooth, seasoned, mellow-toned longtime incumbent Carl Zehr? Who dares run against him?

Three candidates were in the spotlight at the Kitchener mayor candidates' debate Sept. 28, but by the end of the evening it was obvious that this is a one-horse race.

The debate was a joint venture between the Waterloo Region Record and Conestoga College. The Record provided the venue — their offices at 160 Queen St. E. — as well as the overall supervision of the event. Conestoga provided the computer, video and radio equipment and the technical expertise to operate it, including both staff and students. The whole thing was simultaneously broadcast over the Internet and on Conestoga's CJIQ radio.

At the beginning of the evening, three hopefuls went into the gate and awaited starter's orders.

Zehr was in the post position, looking relaxed and not too formal in a neat burgundy blazer, every hair and expression in place. He spoke calmly and smoothly, and had no problem expressing his ideas. His answers were sometimes more politic than to the point, but were couched in such conservative, reassuring terms that you had to stop and think whether he had actually answered the question.

Frank Kulcsar was bunched



PHOTO BY GERALD UPTON

The candidates for mayor of Kitchener from left to right are Carl Zehr, Frank Kulcsar and Don Pinnell.

in the middle. His bright new suit looked a size too large on his small frame and a lock of his grey hair kept tickling his forehead. His wizened face radiated disapproval. His quiet, high-pitched voice was only audible when his querulous diatribes became emotional. He was mostly negative; things just weren't being done right, and he was going to fix all that.

Don Pinnell was definitely on the outside. He wore a casual shirt and windbreaker with a baseball cap. His whole platform was to cut taxes and slash the Kitchener city hall bureaucracy. How he was going to do this without adding further to the unemployment rate didn't seem to concern him.

At the end of the evening one came away with the thought that there was only one person there who would be appropriate in the mayor's high chair.

The evening was smoothly

run under the calm influence of Lynn Haddrall, the editor-in-chief of the Record. John Roe, the Record's editorial page editor, did a creditable job as the moderator. Melinda Marks, managing editor of the Record, and Alex Cooke, a Conestoga videography - broadcast journalism/documentary student, were on the panel. Lisa Olsen, a journalism student, controlled the audience microphone with calm dignity.

The only jarring part of the night's program were a couple of long-winded questions from the audience that were more diatribes than questions. You know, the ones where, when they get to the end, you ask, "So what was the question?"

Zehr handled the oddball questions and his competitors with calm panache. With his vast experience as mayor he's used to dealing with impassioned residents and critical opponents.

CAR COLLISION CLOSES ROAD

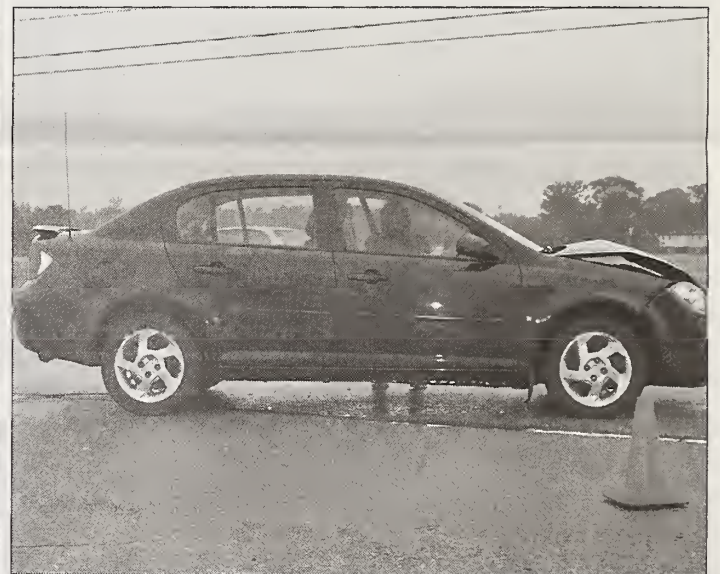


PHOTO BY COURTNEY NIXON

Conestoga College Boulevard was temporarily closed on Sept. 22 due to a two-car collision that happened between approximately 12:30 and 1 p.m.

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Kevin King, an E-flite representative, spends much of Sept. 24 flying planes around RIM Park arena in Waterloo. The arena hosted an event, KW's Finest, highlighting independent businesses in the region.

PHOTO BY AMANDA BAINES

Local businesses show off their stuff

BY AMANDA BAINES

Independent business owners from all over the tri-cities converged at RIM Park on the Sept. 24 weekend, to show residents the flavour of local business and offer discounts for the lucky customers who braved the weather.

The event, known as KW's Finest, celebrated its third year with 31 vendors ranging from Natural Sound to Hobby and Toy Central to M&M Meats.

Event organizers Paul Connolly and daughter Andrea started the show with only nine vendors and taking up only two-thirds of RIM Park's indoor soccer field. Paul,

the owner of Natural Sound, focuses on the financial aspect of the event, while Andrea is in charge of advertising.

"After being in business 31 years, I wanted to know what it was like to have an offsite sale," said Paul. "But I was a chicken. I would never do it alone. So a few buddies and I stuck our heads together and got an idea; and here we are."

For the second year Paul decided he wanted to expand, and searched out several more independent retailers to add to the show, and the nine grew to 23.

"I think we've hit our niche," said Paul. "We were told we can open up the basketball court

for next year, but it would just be too much."

New vendor Bill Anderson from Carbon Computing said it was shaping up to be a profitable event.

"I think this was a good investment. We should definitely come back," he said. "We've only got a few items here on sale, but we send a lot of customers back to the store. Business is really going to pick up, I think."

With deals ranging from 15 per cent to 75 per cent off, customers were pleased with the busy days and great buys. First-time customer Dave Dufresne was completely satisfied. "It was completely

worth coming," he said. "I only came for the gas stoves, but everything was really cool. I wouldn't really want it to change."

Having heard about the show through the Waterloo Region Record, Dufresne said he couldn't wait for next year.

Over the two days, Paul and Andrea expected a turnout of approximately 7,000 to 10,000

people. However, the longest line may have been for a special guest; former Toronto Maple Leafs captain Wendel Clark who was on hand to sign autographs from 10 a.m. to 12 p.m.

"This is a very profitable weekend," said Paul. "My store alone will make the same profits in two days as we normally would in two months."

While a profitable event, this is truly a labour of love for Paul and Andrea, who sacrifice about three months of their year planning KW's Finest.

"We've been asked to go from city to city, and also bi-annually, but it would be just too much work. This is something we love, but we do get tired."

COUNSELLOR'S CORNER: *Public Speaking Anxiety*

Do you do any of the following?

- Feel extreme anxiety when thinking about doing a presentation.
- Find your palms sweat, your legs shake or your heart beats wildly before, during or after a speech.
- Find your thoughts race and your mind blanks before or during a presentation.
- Select your program/course/assignments to be "safe" from having to make a speech.
- Risk low marks or failure in a course by not doing a speech.
- Develop creative excuses or illnesses (that feel real at the time) to avoid doing presentations.
- Let others in your group "carry" the presentation.
- Fear "making a fool of yourself" in front of teachers or peers.
- Believe everyone is fairly calm but see yourself as a "wreck."



These are some signs you may be experiencing one of the most common anxieties: public speaking anxiety. It can be overcome using a planful approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low-risk situations and then in situations with graduated levels of risk.

If your course work, your well being, or your potential to perform as an employee are affected, it is time to do something about it. Remember, avoidance actually increases anxiety!

The following resources are available to you at the college:

- 1) **Public Speaking Anxiety group in Counselling Services sign up ASAP!!!**
- 2) Read the *Anxiety and Phobia Workbook*, Bourne (available at the LRC on the shelf and on reserve).
- 3) Make an appointment with a counsellor in Counselling Services.

A Message from Counselling Services, 1A101.



PHOTO BY AMANDA BAINES

Matt Schabl, sales associate at Sherwood Music, tests out electric drums during a lull in traffic on Sept. 24. KW's Finest was expected to draw up to 10,000 people.

Proud to be Canadian

By SARA BUSSE

If you've never seen the Canadian Cowgirls Drill Team, I highly recommend checking them out. They are a hard-working group of talented women, who work together with their equine partners to bring the audience an entertaining display of synchronized moves to music. Being able to finish a set pattern aboard a thousand pound animal takes a lot more than just some leather boots and a hat, it takes lots of concentration and commitment, something the Canadian Cowgirls take seriously.

The Canadian Cowgirls are a rodeo-style precision drill team from Chatham-Kent Ont., and consists of 28 female riders who are linked by one common thread, they are proud to be Canadian.

"When you perform with the Canadian Cowgirls you always have the best seat in the house, on the back of a horse, front and centre of the arena," said Terry Jenkins, captain and founder of the Canadian Cowgirls.

"As captain, I take great pride in producing a show that is patriotic and exciting and that shows the skill of our riders and horses. I am proud of the training, the

commitment and the dedication it takes from the girls that ride on the team and, of course, I love to perform."

To be a cowgirl you need to have dedication to the team members who become your family and you become a role model for girls aspiring to be like you.

Commitment is key, not only to one another but to your horse partner as well. Each team member owns her own horse and travels thousands of kilometres a year to perform.

Because of this the bond between horse and rider is extremely strong.

"We know their moods and

they know ours. They give their hearts to us and we are truly grateful," said Jenkins. "The horses love to drill, they even memorize the patterns. It's so gratifying to know that your horse is going to do his job and becomes your dancing partner and, like a dance, it all becomes one totally pleasurable experience."

Not only do team members inspire people, but they also believe in helping those who need a leg up which is why their charity of choice is the Exceptional Riders

Therapeutic Riding Program that helps 130 special needs children and adults.

If you're interested in help-

ing out, therapy riding stables are always looking for volunteers.

"You don't even have to know anything about horses to help, the programs all have training programs for volunteers," said Jenkins.

"Also, many riders have financial responsibilities that are necessary because of their disability, so therefore therapy programs can always use money donations to keep the riders in the saddle."

To see the Cowgirls' upcoming schedule of events or to see if you have what it takes to be a Canadian Cowgirl, visit www.canadiancowgirls.com.

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	Total	

Order a Bouquet!

Beautiful floral bouquets in a variety of colours, styles and quantities can be pre-ordered and picked up at the Alumni Convocation Flower booth in the main hall of the Recreation Centre.

To pre-order, go to www.conestogac.on.ca/alumni/benefits.jsp

Flowers may also be purchased on-site. Please note that flowers may not be carried or worn during the processional or ceremony.

A portion of the sale of these products helps support your Alumni Association!

Order your frame or flowers before October 7th and receive a 10% discount!



INTERNET PHOTOS

The Canadian Cowgirls always manage to wow the crowd with their daring manoeuvres. It takes skill and concentration to be part of this team.



Autumn among us

The colours of the season sweep the skies and paint the trees



PHOTO BY SARA BUSSE

Fall decorations are livening up the fronts of houses this month, as part of Thanksgiving festivity preparations.



PHOTO BY EMILY GERRETT

Above: Hikers enjoy the last days of warm weather on Sept. 26 on the Walter Bean Grand River Trail in RIM Park, Waterloo. The trail can be walked, rollerbladed or biked, and overlooks scenic points along the river.

Below: The water levels in the Speed River have been dropping in recent years by the waterfalls at Jacob Landings Park in Cambridge. The falls are still pretty as seen here on Sept. 27.

PHOTO BY RYAN YOUNG



PHOTO BY KATHRYN SCHNARR

Autumn begins to show its colours at Conestoga College, as fallen leaves litter the ground all over the Doon campus.



PHOTO BY JONATHAN CHARLES

Even though fall is here the bumblebees are still visiting the wildflowers at Conestoga College. Their magnificent yellow hues blend in with the beautiful colours that can be seen throughout autumn.



PHOTO BY MANDY LIVERANCE

Many gathered in Victoria Park to create a human peace sign to celebrate International Days of Peace and Nonviolence on Sept. 21.

A peaceful way of life

By MANDY LIVERANCE

For some people world peace is just something Miss Universe would wish for. But to many others, their life is defined and shaped by the goal of achieving a peaceful world.

For 12 consecutive days, Waterloo Region residents raised awareness for peace and promoted non-violence by celebrating International Days of Peace and Nonviolence. Gatherings, workshops and other various events were organized by the Nonviolence Festival, a project of World Without Wars and Violence.

“

Peace is a way of being. It's about existing and living in full balance and harmony with all my brothers and sisters in this world.

— Sandi Loytomaki

”

To kick off the series of festivities, on Sept. 21 people gathered in front of the clock tower in Victoria Park to be a part of the fourth annual Human Peace sign. People of all ages came together to form the shape.

The peace sign originally began in March 2007 as a protest to the Iraq war. But with almost two weeks dedicated to peace in September, it made sense to add it as part of the events.

While remaining in the symbolic shape, participants joined in for an open drum circle and singing. Everyone was

welcome to bring their drum or lead the group in a song, chant or peace prayer.

“Peace is a way of being. It's about existing and living in full balance and harmony with all my brothers and sisters in this world,” Sandi Loytomaki said of what peace means to her. Along with participating in the peace sign, she led a group in a Kundalini Yoga session as part of the events.

The lineup also included a peace lecture by Shannon Moroney, a movie night showing the documentary Money by Isaac Isitan, a Soft Power of Tai Chi class, a Mantra Meditation workshop and many other musical nights and peace-related events.

To bring the community together on the last day of celebration, the peace and non-violence festival ended with the Uptown Peace Walk & Music. Together participants started at Waterloo Town Square and moved as a walking meditation and public peace demonstration. Its purpose was also to recognize Mahatma Gandhi's message about the power of non-violence.

With the events based around the International Day of Peace on Oct. 2, Gandhi's birthday, Waterloo Region was the first to expand the celebrations to 12 days.

Matt Albrecht, the co-founder of the non-violence festival, said this was their sixth year celebrating. It started off as a daylong fair and concert and gradually grew from there with much more to come in future years.

For further information, visit www.nonviolencefestival.com.

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PHOTO BY BRITTNEY BELANGER

Students Chantelle Barbosa and Eyob Bedanie focus on their bingo cards in the Sanctuary during a game of mystery bingo Sept. 21.



PHOTO BY BRITTNEY BELANGER

Matt Kocher, left to right, Ross Ewart, Brenden Rossi, Steve Masse, Sarah Karn, Shelby Reyn, Meghan Clark, Krystal Sousa, Melissa Fay, Gimena Ayri and Kanishka Karunaratne show off their prizes after winning mystery bingo.

Bingo frenzy hits students

By BRITTNEY BELANGER

Students got their bingo dabbers ready in the Sanctuary, waiting to begin multiple games of mystery bingo with their hosts, CSI event co-ordinator Tara Herriot and CSI promoter Becky Saba. Unaware of what the prizes would be, students quickly finished off their lunches and purchased

their bingo cards before the event began.

The students gathered around tables with friends, ready to begin the game. After everything had been set up, Herriot and Saba introduced themselves and began to read out numbers. The Sanctuary then started to quiet down, showing how anxious and intrigued students were about the mys-

tery prize. It wasn't long before bingos were being called everywhere.

The game required students to complete one row, two rows or a full card in order to get a bingo. Herriot congratulated the winners and handed them their prizes, Conestoga College T-shirts.

"Bingo has always been a huge hit on campus. Tons of

students line up for a fun time and I always enjoy seeing the positive response from students here," Herriot said.

For an hour students were hunched over their cards, in anticipation of the next number. After a series of games, winners were asked to come up to the front where they received a round of applause from fellow stu-

dents and friends. The winners of the series of games included Matt Kocker, Steve Masse, Brenden Rossi, and Ross Ewart of the electric engineering program, Sarah Karn, and Melissa Fay in accounting, Krystal Sousa, Meghan Clark and Gimena Ayri of human service foundations and Kanishka Karunaratne of police foundations.

I'm forever indebted to JD Salinger

It strikes me with uncontrollable yet reserved sadness that author Jerome David Salinger died this year. I find the emotion uncontrollable because little was known about him. Yet I find it reserved for the same reason.

I will not attempt to speak of him in a biographical manner — JD Salinger was born here, went to school there, had his first pint at this pub, etc. I merely wish to express my utmost gratitude, humility and sorrow in memory of his contribution not only to literature, but to the realism of an entire generation's social commentary.

As a writer, I have always greatly admired Salinger. As a teenager, I read *The Catcher In The Rye* countless times. I can confidently say that it is, if not my favourite book, one of my favourites. It is the anti-



Thomas
Parent
Opinion

quoted epilogue of why he was and still is revered as one of the great writers of the 20th century. The main character and protagonist, Holden Caulfield, whimpered in a cynical whine the picturesque tone of a bleak side of an unknown force for the era, like the martyr of an unspoken social revolution. He spoke of the "phonies," dreamed in violent grandeur and acted as if the world was constantly against him, and for this reason it owed him something.

Yet Caulfield did not exist, and my piece is not about him. JD Salinger created

him, even quoted once as saying that the book was somewhat autobiographical. Through the portrayal of a character any person could relate to in his or her own life, Salinger spoke to millions of people through one little book, one little annoying snot of a boy named Holden. And never spoke of him again.

Shortly after the book's initial popularity in the 1950s, Salinger did a few interviews but this never seemed to satisfy the audience. Generation after generation, it affected each one the same as the last and created the same lasting (and somewhat dreaded) effect. People wanted more, they wanted to know more of the man behind the mask. But he had no interest.

He hid himself in his home in Cornish, N.H., and rarely spoke again. People became

aggravated by his right to privacy and seclusion and would make "literary pilgrimages" to his home as though he were some sort of resurrected deity. But he maintained his humility and his pride, and never spoke a word.

Yet my unconditional respect lies not within his civil right nor his human privilege, but within my own ignorance. I admit, I have never read any of Salinger's works other than *The Catcher In The Rye*. I would like to read his other works (maybe someday I will) but for now, I am humbled by what I don't know and the little I do.

So I am left here, with no answers, no great hurrah, no last words until the end of time to contemplate the reason behind the existence of one man and his book. And for that constant struggle, I am grateful.



Last year, Max underwent surgery to implant a new kind of pacemaker, one with technological advancements unavailable just 5 years ago. Every time you give to the Heart and Stroke Foundation, you fund research that leads to medical breakthroughs, like the one that saved Max's life.

Now he can spend more time with his grandfather.

Kitchener wheelchair relay in full swing

By COURTNEY NIXON

Teams, individuals, volunteers and spectators were real troopers, staying until the very end of the Kitchener Wheelchair Relay on Sept. 25 despite the windy and rainy weather.

The Wheelchair Relay challenge is an opportunity to raise awareness of the Canadian Paraplegic Association Ontario, their services and the abilities of the people in the community living with spinal cord injury.

A spinal cord injury can happen to anyone at any time, in an instant. There are 350 to 400 new spinal cord injuries every year in Ontario (approximately one every day) and current estimates indicate that there are approximately 12,000 Ontarians living with spinal cord injury.

Spinal cord injuries affect family, friends, employers, community and the health-care system.

"The excitement of a fun day and awareness of the challenges facing people in wheel-

chairs" is what community development co-ordinator Sheila O'Neill says people walk away with after participating in the event.

The Wheelchair Relay is a major CPA Ontario fundraising initiative. Funds raised in each community go toward supporting important CPA Ontario programs and services in the Kitchener Waterloo community. This year marked the 65th year that CPA Ontario has been providing support and services for people with spinal cord injury. Canadian Paraplegic Association Ontario is a non-profit organization whose mission is to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.

And it is Kitchener's fourth year being involved with the association.

The Wheelchair Relay Challenge is more than just a competition; it's a wheelchair challenge for able-bodied people



PHOTO SUBMITTED

Worst Pace Scenario was the fastest team and the top fundraising team from Miller Thomson in the Kitchener Wheelchair Relay on Sept. 25.

ple and for people with a disability. It is a fun and active way for individuals and teams to better understand the experience of using a wheelchair, while raising awareness and vital funds for those with spinal cord injuries or other physical disabilities.

Teams of five family members, friends and co-workers signed up to participate in the challenge as well as individuals who were placed on a team at the event. Each member of the team wheeled around the track and was timed in relay fashion.

This year, Kitchener had a record-setting 12 teams sign up as well as raising their highest amount ever, over \$15,000.

There were prizes for most spirited, fastest time, most determined and highest pledges. The fastest team of the day was The Superstars and the fastest and top fundraising team from Miller Thomson was the Worst Pace Scenario.

Depending on the amount of money that was raised by each individual, they received a CPA Ontario water bottle, a \$25, \$50, \$75 or \$100 gift card for Rona, Chapters/Indigo or Winners/HomeSense. For individuals who raised over \$2,000 they received VIP fundraiser benefits that included an invitation to a provincial post-event reception in Toronto, 10 per cent of their funds raised in a gift card of their choice and a CPA water bottle.

"We like to highlight and inform people of the great accomplishments people in wheelchairs have had over the years."
— Sheila O'Neill

"We like to highlight and inform people of the great accomplishments people in

wheelchairs have had over the years," said O'Neill.

People can, and do make a positive adjustment to life with a spinal cord injury given the right supports at the right time.

"We would like to thank all our sponsors including provincial sponsors, TD, Kino Mobility and The Dominion, our regional sponsor, Legate Personal Injury Law. Our event sponsors, Paquette, Travers and Deutschmann Law and Miller Thomson LLP. We would like to thank Motion Specialties for the chairs and Jeff Allan from 570 News for a great job as emcee and media sponsors Rogers TV and the Record.

"I would also like to thank all the wonderful volunteers for all their help, the Kitchener Ranger mascots, Fire Station 4 and all the teams for their wonderful spirit and everyone for coming out and making 2010 the best KW relay yet," said O'Neill.

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The Sanctuary swoons over Mandippal

By ERIN FARRAR

Students and CSI staff welcomed Mandippal Jandu back to Conestoga on Sept. 22 for an acoustic show.

He caressed the audience's eardrums in the Sanctuary with a soft, acoustic set consisting of original tracks and cover songs. With heartfelt and meaningful lyrics, his original songs touch people's hearts. Students listened intently and sang along to his catchy tunes.

"Mandippal is awesome. He's always consistent and he's constantly getting better," said Conestoga alumnus Justin Singer.

Jandu also recently played at Conestoga's Pond Party with other original acoustic artists. From Cambridge, he plays locally and in the Toronto area.

Some of the covers he played included Coldplay, Kings of

Leon, Natalie Imbruglia, John Mayer, Alicia Keys and even a medley of Britney Spears' tunes. He added a creative twist to the songs acoustically and with his smooth choice of vocal arrangements.

"I like making it sound like a Mandippal song, not someone else's," said Jandu. "I like to put my (own) spin on things."

Jandu began performing at Conestoga through Canadian Organization of Campus Activities (COCA). COCA hosts showcases where artists can display their talent. It was there that he met Conestoga Students Inc.'s event co-ordinator, Tara Herriot, and has been performing here since.

He is currently working on songs for his new CD that will be available by Christmas.

His first album, When It's Only Me Standing, is available directly from the artist or through his MySpace page, www.myspace.com/mandippal.



PHOTO BY ERIN FARRAR

Mandippal Jandu serenaded the audience with acoustic originals and covers in the Sanctuary on Sept. 23.

Go skating to get active

By ASHLEY IDLE

Grab your skates, Conestoga! It's October, and that means the local arenas are opening their ice pads for public use.

The arenas around Kitchener are offering free skating to members of the community on weekdays from October to March, giving students a great way to get active as the days get shorter.

Jeremy Dueck, supervisor of sales and business development for the Aud and community arenas, thinks that it is important to get involved. "It gives the citizens a chance to

be active."

There are five main auditoriums in Kitchener offering free skating. Starting on Oct. 4, free community skating will run between 3:30 p.m. and 4:50 p.m. Mondays at the Avida (Alumni) arena and Tuesdays at the Don McLaren arena. On Wednesdays, students can choose between the Lions arena and the Grand River arena. Thursday skates will start on Oct. 28 at the Aud.

If students are taking the bus, the Lions arena is most accessible from the school, as it is walking distance from the Forest Glen terminal, which is

accessible via route 16.

For those students not wanting to stray off campus, the Conestoga College recreation centre does offer free skating starting in October on Mondays and Thursdays from 12 p.m. to 1:50 p.m., with shiny hockey following from 2 p.m. to 3:50 p.m.

"There are lots of opportunities to get fit," said Paula Feddema, who works at the information desk in the recreation centre.

For more information about the Kitchener free skates go to www.kitchener.ca/en/livingin/kitchener/Community_Skating_Schedule.asp.



PHOTO BY ASHLEY IDLE

Rec centre customer service and membership co-ordinator Cherie Jules and administration co-ordinator Paula Feddema are shown at the centre's information kiosk on Sept. 20. Students wanting to use the facilities must make sure to bring their student cards to access the gym and rink areas.

Resident Evil: Afterlife revives zombie movie craze

By VICTORIA SPRACKLIN

Warning: May contain spoilers

Some have said that the zombie craze has run its course; Resident Evil: Afterlife, however, breathes new life into this un-dead sub-genre.

In the fourth instalment, Alice seems to be one of the only remaining humans on the zombie-ridden earth. She escapes to Arcadia, which is rumoured to be safe, habitable and free of the T-virus that has been infecting thousands upon thousands. However, upon her arrival she learns Arcadia is simply a deserted area of Alaska. She seeks out other survivors to help once and for all destroy

the evil Umbrella Corporation.

Shawn Roberts is introduced as the head of the obviously evil corporation and primary antagonist, Albert Wesker. Roberts helps reinforce the point the past three films have made; the corporation truly is pure evil. This leaves the audience wondering how well an apocalypse-inducing company can really fare on the stock market.

Those who recall the classic video games will especially enjoy this film, as it references classic characters and iconic monsters from the latest instalments. Ali Larter returns as her character Claire Redfield, and Wentworth Miller debuts as her brother Chris Redfield.

The executioner villain also makes an appearance, and is involved in a heart-racing fight scene between Claire and Alice. Many other aspects of the games can be seen throughout the film, however, these characters, and really the whole film franchise itself, only holds a loose connection to the games and is made more as an Easter egg for fans.

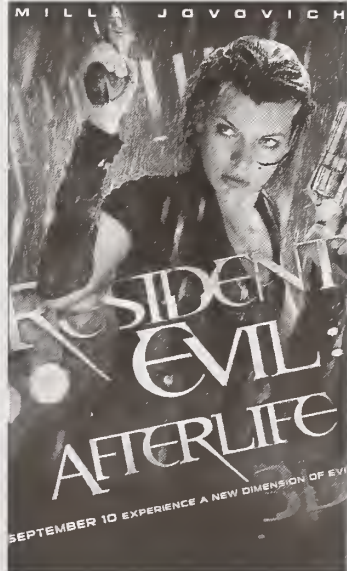
Afterlife is one of the many films to join in on the 3D fad. Luckily, this movie succeeds visually without the tacky effects from post-production 3D conversion. This is because it uses the 3D camera technology pioneered by director James Cameron, and used in the high-grossing film Avatar. The smooth image

quality allows for more realistic special effects that feel realistic, as if the audience is stuck in the middle of a zombie-infested shootout.

I give it three out of five stars. The plot is fairly predictable, and leaves an open ending suitable for a sequel. There is a scene after the credits that will leave viewers pulling their hair in anticipation.

Afterlife is truly an easy film to jump into; one does not have to view the previous three movies to understand the film. This campy popcorn movie is enjoyable for fans, gamers and newcomers alike.

With a fifth film already on the way, this franchise seems as incapable of dying as the zombies featured.



INTERNET PHOTO

Resident Evil: Afterlife opened in theatres on Sept. 10.

KOI Music Festival a success

By JONATHAN CHARLES

Thousands of music fans came to downtown Kitchener last month to catch a large variety of bands performing as part of the KOI Music Festival. The event, held on Sept. 18, saw popular acts such as Anti-Flag, Die Mannequin and Mockingbird Wish Me Luck among many others.

The festival organizers are Curt and Cory Crossman, two brothers who own and run Civilian Printing on Queen Street, Kitchener. They have been putting on concerts in the area for years (such as the Arc Battle of the Bands competition) and decided it was time for Kitchener to have its own music festival. A lot of work went into organizing the first KOI Music Festival but in the end it paid off.

"It was super exciting and tiring. It was a 20-hour day for both Cory and I. It was the first time doing it so we didn't



know what to expect but in the end everything went smoothly and was well worth the time and effort put in," Curt said.

Tickets cost \$25 in advance and \$35 at the gate. Music started that day at 1 p.m. and went until 2 a.m. The bands played at one outdoor and 10 indoor stages. The outdoor stage was located in the parking lot of The Hive and the

other stages throughout downtown Kitchener were at The Hive/The Joint, Caper's, Botanica Restaurant, Rum Runner Pub, One Eyed Jacks, Opus, Cafe Pyrus, The Boathouse and Wax Nightclub.

Many bands that played the festival came from Kitchener-Waterloo and surrounding cities but there were bands such as Union Jack who came from as far as Paris, France. Many new and upcoming bands got some exposure that day while many concert-goers explored the many venues. KOI turned out to be a success and another is being arranged for 2011.

"We will definitely be doing it again in 2011. Hopefully we will be adding a larger vendor park, a larger outdoor stage and some bigger acts to the festival," said Curt. "The whole day was just an incredible experience and we've had nothing but positive feedback from everyone."

Video game breaks hearts

By AMANDA BAINES

Video games are one of the largest sources of entertainment for young and old alike. Games ranging from sports to puzzles to first-person shooters are available on many different platforms. Many gamers have access to the Internet, releasing another avalanche of games to whet their appetite.

But most of these games are fictional, or based loosely on the events of history. One game has taken another route. The Dawson College Massacre of 2006 was a traumatic time for Montreal, when Kimveer Gill entered Dawson College and shot 20 people. After fatally wounding Anastasia De Sousa, Gill killed himself rather than surrender to police.

DCM!, the Internet-based first-person shooter, puts you into the shoes of Kimveer Gill and takes you through the halls to kill the students and

police who are in your way.

The controversial game has created quite a stir, and the police have requested that the creator of the game, a man who calls himself Virtuaman, remove it from the Internet.

Virtuaman, who has refused to release his real name, released a statement on his website, www.newgrounds.com, explaining his reasons for complying.

"I am not doing this because the police asked me to, I am not doing it because the people asked me to, I am not doing it because of the threats I received. I am doing it for Anastasia's family."

When contacted, Virtuaman said he really didn't care about the game, but didn't mean to hurt anyone.

"I never stopped to think that it could really hurt someone out there. To be honest I didn't care what anyone thought of my game till I heard her mother was upset over it. I will remove

it for her."

Alumni Justin Singer, a former gamer, was not interested in the game. "I'm a lover, not a fighter," he said. "Knowing the background, I wouldn't even play it."

The game is not the first to be created based on a school shooting. Virtuaman admitted that DCM!'s creation was based on games commemorating other such events.

"I played Super Columbine Massacre! RPG, loved it. I played Vtech Rampage (a game based on the Virginia Tech massacre), loved it," he said. "I wanted to make my own game so I had to choose a shooting. I am not sure why I chose Dawson, I just did."

Conestoga office administration student Tammi Mugford does not play games, but said her concern is for her daughter, who enjoys spending free time on various gaming systems.

"I would prefer it (DCM!) not even be available anymore."



YOUR FAMILY DOCTOR WHILE ON CAMPUS

All registered Conestoga College students may visit the Health Office

DON'T FORGET YOUR OHIP CARD

A Chiropractor is also located at the Doon campus three days per week

Health Services is located in Room 1A102 of the Student Life Centre at the Doon Campus

Phone: 519 748-5220, ext. 3679 to make an appointment with the doctor or chiropractor - Same day appointments are sometimes available!



HOROSCOPE

Week of October 4, 2010



Aries

March 21 - April 19

This Wednesday you will discover some ancient ruins under your house containing a mummy. It wants a friend.



Libra

September 23 - October 22

Hey Libra, I just primed Virgo to be ready to believe anything. Take advantage of them this week. You will come out ahead.



Taurus

April 20 - May 20

When you put your mind to something on Sunday, you'll probably fail at it. Go ahead and take a "me" day.



Scorpio

October 23 - November 21

If you are feeling alone on Wednesday, you can relieve this by making up friends. Just pick up a cellphone and start yammering. No one will notice.



Gemini

May 21 - June 21

Avoid Great Danes. They tend to drool a lot, and you would be in for an embarrassing situation on Saturday.



Sagittarius

November 22 - December 21

It's going to be a weird week. It'll start when you discover that you are the key-master and you need to find the gate-keeper. Good luck on your search.



Cancer

June 22 - July 22

The FBI will break down your door for pirating music off of Napster. The first question they will ask you is why in the heck you are still using Napster?



Capricorn

December 22 - January 19

On Thursday you will be annoyed by a flickering fluorescent light. You will have to stay with it all day. Sorry about that!



Leo

July 23 - August 22

On Tuesday, you will feel like you are growing. Don't worry, this is just a side effect from some bad mushrooms on your pizza. It will pass!



Aquarius

January 20 - February 18

A prince from a faraway land will offer you a duchy if you will aid him in his battle against his neighbours. You have no army. I'd refuse.



Virgo

August 23 - September 22

The colour green is a bad omen. You can ward off evil by using crystals. Keep your clarity, fight the power!



Pisces

February 19 - March 20

Avoid tight pants on Tuesday. There is no real reason for this other than chaffing. It's uncomfortable. The more you know!



Paul Irvine carefully examines the stars and then ignores them for your amusement.



PHOTO BY BRANDON REOCH

Justin Imbeau, 22, a third-year veteran of the badminton team, hits the birdie deep into the back court on Sept. 21 at the Conestoga College gym.

Condors are ready to hit some birdies

By BRANDON REOCH

As the badminton season inches closer, Conestoga College is ready to make a smash.

"We are a pretty strong force. They say Conestoga a lot (when announcing winning results) at tournaments so that's always a good sign," said fifth-year head coach Tony Purkis. A fourth place finish at regionals and rival teams acknowledging Conestoga's respectable finishes at tournaments was rewarding last year. But this year Purkis looks to build on what he thought was a successful season by trying to find more talent in the large turnout at tryouts.

"This year we had 38 individuals try out. We try to hold onto seven or eight males and females," said Purkis.

Though a lot of young players trying out have played high levels of badminton in high school, some making it

to their high school regionals, college badminton is a big jump.

"For a lot of these kids, the college circuit will be a big eye-opener. It is a whole new level," said Purkis.

Building on last year's success will be obtainable as long as third-year veterans Justin Imbeau, 22, in accounting, and Cynthia Matheson, 22, in international business management, bring their best every day to the court.

"I have been training with my partner all summer at the K-W badminton club," Imbeau said. "It is the only badminton-dedicated facility in Kitchener. We get a lot of good games and practices there."

The optimism toward this season and hard work he has put in already has Imbeau thinking how he and his partner, Dino Bajramovic, will fare this season.

"We should be looking towards nationals," said Imbeau.

Matheson also expects more from herself this year after finishing in the middle of the pack at regionals last year.

"This year I plan on doing a lot better. I have been training a lot," she said.

Imbeau and Matheson agree the training they have put in will be a big help to their cardio this season. However, they also know that the biggest help will be the advice given by coach Purkis.

"He is so supportive and helpful in every way," said Matheson.

"He is pretty dedicated to the sport and has a lot of passion for the sport," said Imbeau. "He is very encouraging and is just a good coach."

The East Regionals will be held Feb. 4 and 5 at Cambrian College and the OCAA Championships will take place Feb. 18 and 19 at Fanshawe College.

"We should have a really good season," said Purkis.

Conestoga women's fastball team drops to 0-7

By MARCUS MATTHEW

For the last few seasons, a dark cloud has been looming over the Conestoga College women's fastball team.

After having two straight losing seasons, Conestoga was hoping that this was the season where they would turn it all around and go from pretenders to contenders.

With a 0-7 start this year, there doesn't seem to be much light at the end of the tunnel.

However, instead of throwing in the towel, players and coaches are sporting a positive and optimistic attitude.

"If you have a good attitude it's hard to get negative and be down on yourself, and everyone picks each other up," said Conestoga player Christine Calma.

On Sept. 25 Conestoga hosted St. Clair in a doubleheader. Both teams had to battle the elements of nature as the skies were dark and the weather was cold and rainy. Early on in the first game it seemed as though Conestoga wouldn't have a chance to get their first win as St. Clair was off and running. Several stolen bases and solid hits resulted in an early 5-0 lead.

In the second inning, Conestoga did something they hadn't done in four straight games; score a run. In the next inning, they continued to show life by scoring three more runs. It wasn't enough to stop the red hot hitting of St. Clair, though, as they mercied Conestoga 14-4.

Head coach and former player Fawn Day knows her

team is trying and still learning. She hopes her team can figure out how to win some games in the near future.

"They still come out and they still try at practices. They're trying, I just don't know what the magic formula is," said Day.

In the second game, Conestoga was hoping they could figure out that formula. After three scoreless innings, St. Clair scored one run in the fourth while Conestoga got two. With Conestoga leading 2-1, and just a few innings left, it seemed as though the winless drought would finally be over. However, St. Clair had other plans. They scored five runs in the fifth; Conestoga wasn't able to come back from the four-run deficit, losing 6-2.

Being winless at this point in the season isn't what Conestoga players and coaches had anticipated. With the team trying to build chemistry, they're staying determined and focused.

"Every day is a new game and every day we're trying," said Conestoga outfielder Janina Dobberkau.

Conestoga never gave up in their doubleheader and don't plan on giving up anytime soon. They're keeping their heads held high and aren't dwelling on the past.

"No one is hanging their heads when we're not winning," said Day.

With only a few more games left, Conestoga is hoping they can muster up a few wins and build momentum heading into next season.



PHOTO BY MARCUS MATTHEW

In the second game of a doubleheader vs. St. Clair, Conestoga's pitcher winds up as she gets ready to deliver a strike to one of the St. Clair batters on a rainy Sept. 25 at Conestoga College. Conestoga lost both games that day.

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